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## ULNAR LATERAL COLLATERAL LIGAMENT RECONSTRUCTION OF THE ELBOW

### **Post Op - 2 Weeks**

- Immobilize in full pronation and 90° flexion with splint

### **2 - 6 Weeks**

- ROM brace 30° extension block
- Wrist in pronation or neutral - no supination
- Allow ROMs 30° - 130° - (brace on except when bathing)

- ❖ **Prior failed surgery or ligament laxity -immobilize for 4-6 weeks**

### **6 -12 Weeks**

- Sequentially decreased in blocked extension in brace
- ROMs - Active & Passive
- Forearm flexion and extension strengthening

### **12 Weeks**

- Unprotected flexion and extension
- Avoid varus stress
- Continue forearm flexion and extension strengthening
- Start elbow flexion and extension exercises

### **6 Months**

- Activity as tolerated
- Avoid varus stress until one year post op